food bars by varying the ingredients within the dietary guidelines for a variety of meals during the day.

Alternative embodiments of ingredients and format will be readily apparent to one of ordinary skill in the art in view of the teachings above, and fall within the scope and spirit of the claims.

I CLAIM:

1. A meal-equivalent food bar comprising:
segment dividers which divide the bar into segments corresponding to the plural courses of a meal including appetizer, main-course, and dessert, wherein:

(a) the appetizer ingredients include one or more appetite stimulants,

(b) the main-course includes major nutrition ingredients, and

(c) the dessert ingredients include one or more appetite depressants, whereby

the meal-equivalent food bar provides improved physiological and psychological support for the consumer.

2. The food bar of claim 1, further comprising:
at least one frangible lengthwise divider which divides the bar into strips, wherein

each selectable strip is a meal-equivalent of predetermind calories, whereby

the consumer can select a meal with a known number of calories.

3. The food bar of claim 1, wherein said segment dividers are frangible scored line markers.

4. The food bar of claim 1, wherein said segment dividers are edible barriers.

5. The food bar of claim 1, wherein said segment dividers are inedible separators.

6. The food bar of claim 2, wherein the frangible lengthwise divider is a deeply scored line.

7. The food bar of claim 2, wherein the frangible lengthwise divider is a weak edible binder connector.

8. The food bar of claim 1 wherein each segment of the bar is a mixed aggregate of segment-appropriate ingredients.

9. The food bar of claim 1 wherein the bar has a core of bar-common ingredients, and each segment has outer layers of segment-appropriate ingredients.

10. The food bar of claim 1, wherein each segment has a core of segment-appropriate ingredients, and each segment has outer layers of common-bar ingredients.

11. The food bar of claim 1, wherein each segment has a core of a first set of segment-appropriate ingredients, and outer layers of further sets of segment-appropriate ingredients.